

**Basic Report 16335, Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water**

Report Date: March 01, 2015 07:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup cup rinsed solids 158g
<b>Proximates</b>			
Water	g	68.86	108.80
Energy	kcal	121	191
Protein	g	8.12	12.83
Total lipid (fat)	g	0.93	1.47
Carbohydrate, by difference	g	20.80	32.86
Fiber, total dietary	g	7.5	11.8
<b>Minerals</b>			
Calcium, Ca	mg	58	92
Iron, Fe	mg	1.50	2.37
Magnesium, Mg	mg	29	46
Phosphorus, P	mg	118	186
Potassium, K	mg	250	395
Sodium, Na	mg	208	329
Zinc, Zn	mg	0.74	1.17
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.3
Thiamin	mg	0.060	0.095
Riboflavin	mg	0.015	0.024
Niacin	mg	0.417	0.659
Folate, DFE <sup>a</sup>	µg	23	36
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

**Lipids**

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup cup rinsed solids 158g</b>
Fatty acids, total saturated	g	0.328	0.518
Fatty acids, total monounsaturated	g	0.052	0.082
Fatty acids, total polyunsaturated	g	0.350	0.553
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

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